



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09430, Pineapple, raw, extra sweet variety ^a

Report Date: June 30, 2017 21:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	85.66	10	0.390	84.55	87.87	8.0	84.759	86.561	2	Analytical or derived from analytical	--	05/2003
Energy	kcal	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Energy	kJ	215	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein ^{1 2}	g	0.53	10	0.031	0.34	0.65	8.0	0.459	0.604	2	Analytical or derived from analytical	--	05/2003
Total lipid (fat) ^{1 2}	g	0.11	10	0.016	0.07	0.2	5.0	0.068	0.151	2	Analytical or derived from analytical	--	05/2003
Ash ^{1 2}	g	0.20	10	0.016	0.07	0.27	6.0	0.162	0.242	2	Analytical or derived from analytical	--	05/2003
Carbohydrate, by difference	g	13.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Fiber, total dietary ²	g	1.4	6	0.057	1.2	1.5	5.0	1.224	1.516	1	Analytical or derived from analytical	--	05/2003
Sugars, total ^{1 2}	g	10.32	10	0.391	8.19	11.45	8.0	9.424	11.226	2	Analytical or derived from analytical	--	05/2003

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Sucrose 1 2	g	6.47	10	0.534	2.59	7.53	6.0	5.137	7.805	2	Analytical or derived from analytical	--	05/2003
Glucose (dextrose) 1 2	g	1.70	10	0.141	1.35	2.82	4.0	1.295	2.107	2	Analytical or derived from analytical	--	05/2003
Fructose 1 2	g	2.15	10	0.136	1.73	3.17	4.0	1.771	2.534	2	Analytical or derived from analytical	--	05/2003
Lactose 1 2	g	0.00	10	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Maltose 1 2	g	0.00	10	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Galactose 1 2	g	0.00	10	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Starch 2	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2003
Minerals													
Calcium, Ca 1 2	mg	13	10	0.959	9	18	6.0	11.003	15.669	2	Analytical or derived from analytical	--	05/2003
Iron, Fe 1 2	mg	0.28	10	0.019	0.15	0.54	4.0	0.231	0.331	2	Analytical or derived from analytical	--	05/2003
Magnesium, Mg 1 2	mg	12	10	0.900	9	17	8.0	10.259	14.44	2	Analytical or derived from analytical	--	05/2003

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Phosphorus, P 1 2	mg	8	10	0.517	6	11	7.0	6.487	8.93	2	Analytical or derived from analytical	--	05/2003
Potassium, K 1 2	mg	108	10	2.176	86	130	7.0	102.496	112.724	2	Analytical or derived from analytical	--	05/2003
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	09266	06/2003
Zinc, Zn 1 2	mg	0.12	8	0.008	0.08	0.15	5.0	0.101	0.141	2	Analytical or derived from analytical	--	05/2003
Copper, Cu 1 2	mg	0.113	10	0.009	0.07	0.19	5.0	0.091	0.135	2	Analytical or derived from analytical	--	05/2003
Manganese, Mn 1 2	mg	0.818	10	0.152	0.12	1.7	7.0	0.457	1.179	2	Analytical or derived from analytical	--	05/2003
Selenium, Se 2	µg	0.1	3	0.016	0.1	0.1	2.0	0.032	0.166	1	Analytical or derived from analytical	--	05/2003
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	56.4	10	4.000	24.9	70.7	3.0	43.675	69.045	2	Analytical or derived from analytical	--	05/2003
Thiamin 1 2	mg	0.080	8	0.004	0.06	0.11	4.0	0.068	0.092	2	Analytical or derived from analytical	--	05/2003
Riboflavin 1 2	mg	0.033	8	0.002	0.02	0.05	6.0	0.028	0.038	2	Analytical or derived from analytical	--	05/2003

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Niacin 1 2	mg	0.507	8	0.156	0.19	1.49	3.0	0.012	1.003	2	Analytical or derived from analytical	--	05/2003
Pantothenic acid 1 2	mg	0.217	8	0.054	0.05	0.45	5.0	0.081	0.354	2	Analytical or derived from analytical	--	05/2003
Vitamin B-6 1 2	mg	0.114	8	0.007	0.09	0.15	6.0	0.096	0.131	2	Analytical or derived from analytical	--	05/2003
Folate, total 1 2	μg	19	8	1.243	8	36	3.0	15.445	23.354	2	Analytical or derived from analytical	--	05/2003
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Folate, food	μg	19	8	1.243	8	36	3.0	15.445	23.354	2	Analytical or derived from analytical	--	02/2007
Folate, DFE	μg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total 1	mg	5.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine 1	mg	0.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin A, RAE 1 2	μg	3	6	0.326	1	4	4.0	1.892	3.802	2	Analytical or derived from analytical	--	05/2003
Carotene, beta 1 2	μg	34	6	3.915	17	49	4.0	22.704	45.629	2	Analytical or derived from analytical	--	05/2003

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Carotene, alpha 1 2	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Cryptoxanthin, beta 1 2	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Vitamin A, IU 1 2	IU	57	6	6.524	28	82	4.0	37.84	76.049	2	Analytical or derived from analytical	--	05/2003
Lycopene 1 2	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Lutein + zeaxanthin 1 2	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Vitamin E (alpha-tocopherol) 1 2	mg	0.02	7	0.001	0.02	0.03	2.0	0.015	0.027	2	Analytical or derived from analytical	--	05/2003
Tocopherol, beta 1 2	mg	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Tocopherol, gamma 1 2	mg	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Tocopherol, delta 1 2	mg	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) ^{1,2}	µg	0.7	8	0.104	0.2	1.2	3.0	0.376	1.024	2	Analytical or derived from analytical	--	05/2003
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Flavonoids													
Anthocyanidins													
Cyanidin ⁴	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Petunidin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin ⁴	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Myricetin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5k, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

³Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617

⁴Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. Flavonoid content of U.S. fruits, vegetables, and nuts, 2006 J. Agric. Food Chem. 54 pp.9966-9977

Footnotes

^a Values based on data for MD2 variety.